

Fitness and Sports

2004 NAS OCEANA



Wednesday, October 20
Run starts at 11:30 a.m.
(rain or shine)

ELIGIBILITY

Open to active duty personnel, retirees, family members, reservists and DoD civilians.

AGE GROUPS & DIVISIONS

Men and Women
29 and under, 30-37,
38-44, 45-49, 50 & over.

AWARDS

Awards will be given to the top three men and women in each age division.

T-SHIRTS

T-shirts for the first 225 preregistered by 3:30 p.m. Friday, October 15.

ENTRY FORMS

Participants may also register the same day as the event at 10 a.m. in the gymnasium, building 545.

For more information, call 433-3302.



**NAS Oceana
Fitness and Sports**

**Hornet 10K Run
Wednesday, October 20
Run starts at 11:30 a.m.**

Name (Last, First, MI) Leave space between name

Age on race day



Phone Number (include area code)

Rank / Rate

Sex



Branch

Command



I know that running a road race is a potentially hazardous activity. I should not enter the race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to, falls, contacts with other participants and the effects of weather. I grant permission to use any photographic, video recordings, or any record of this event for legitimate purposes. I hereby give Navy Morale, Welfare and Recreation, their agents and employees the right to inspect and/or approve the photograph, audiotape and/or videotape for promotional, recruiting or informational purposes, without any limitation, reservation or compensation, other than the receipt of which is hereby given. This consent is given for any photographic, audiotape and/or videotape which have been taken, about to be taken or will be taken.

Signature _____

Date _____